

## Coalition of Limited English Speaking Elderly Annual Report 2007

The year ending June 30, 2007 was a year of growth at CLESE. We started three new programs and welcomed four new CLESE members: Berwyn-Cicero Council on Aging, Ethiopian Community Association of Chicago, Lao American Organization of Elgin and Villa Guadalupe.

CLESE programs include:

- The Alzheimer's Demonstration Project, funded by the Administration on Aging through the Illinois Department of Public Health, enrolled 144 clients, escorted 19 elders to their own physicians for medical assessments and enrolled 138 people with memory problems in the Safe Return Program. Thirteen community education sessions reached 594 participants. We work closely with the Alzheimer's Association and Northwestern's Cognitive Neurology and Alzheimer's Disease Center, bringing education to ethnic communities and a review of the Alzheimer's Disease protocol to bi-lingual, bi-cultural physicians.
- "Bright Ideas" classes that help low-literate elderly learn English and civics are funded through the Bureau of Refugee and Immigrant Services within the Illinois Department of Human Services. We continued three classes in DuPage County suburbs to teach Indian immigrants, Ukrainian- and Russian-speaking refugees and refugees from the former Yugoslavia. A class in Chicago helped elderly Cambodians become U.S. citizens. We expanded the citizenship unit as naturalization is a larger focus in the curriculum.
- New this year: the Depression in Ethnic Elderly: Education, Acceptance and Treatment project, funded by the Retirement Research Foundation. In partnership with White Crane Wellness Center, participating ethnic service providers were educated about depression and trained in conducting therapeutic small groups. We served 224 people in the first year of the project.
- The identification, interpretation for and intervention of elder abuse, neglect and self-neglect program, funded through the Chicago Department on Aging, is in its seventh year. We have assisted 439 older adults and their families since the program's inception. New this year is an outreach and education program funded by the U.S. Department of Justice through the Chicago Department on Aging.
- CLESE continues to provide technical assistance to ensure that limited-English-speaking elderly receive Community Care Program services. CLESE estimates that over 8,000 limited-English-speaking elderly were served by CLESE member agencies last year with homemaker or adult day services.
- The Heart Disease and Stroke Prevention Program, funded by the Illinois Department of Public Health, continued with new language groups: Bosnian and Polish. The education program teaches the numbers of your body (a blood pressure reading of 120/80), the warning signs of heart attack and stroke and how to call 911. A total of 148 people attended one of six educational sessions.
- In the Illinois Refugee Social Services Cultural Adjustment Project, 132 clients attended group sessions for socialization and information. Participants learn how to manage daily activities, such as using an ATM card and how to stay warm in cold weather; they visit with their friends. Peer advocates assist in linking them to needed services. Two agencies also provided case advocacy and support to 254 clients.
- Medicare Fraud cannot continue if people are informed: they must prevent identity theft, review all statements of medical services provided and report all suspicious billings promptly. AgeOptions funds this program which is now in its second year.

- Understanding Menopause, funded through the Office of Women's Health within the Illinois Department of Public Health, brings education on how to manage this important transition in women's lives. We reached 273 women; sixty-four percent made behavior or lifestyle changes as a result of the education sessions.
- CLESE continues to advocate for the needs of limited-English-speaking elderly. Alphawood Foundation helps us to advocate for mental health, housing and other needs of immigrant and refugee elderly.

CLESE thanks all our supporters:

- AgeOptions funds the Senior Medicare Patrol program which educates elderly about healthcare fraud
- Alphawood Foundation funds our advocacy work
- Chicago Department on Aging funds the elder mistreatment program
- Illinois Department on Aging funds technical assistance for the Community Care Program, translation of critical documents and supports our efforts to improve services to limited English speaking elderly
- Illinois Department of Human Services funds Bright Ideas
- Illinois Department of Human Services (through the Jewish Federation of Metropolitan Chicago) funds the Illinois Refugee Social Services Cultural Adjustment program
- Illinois Department of Public Health funds the Alzheimer's Demonstration Project, the Understanding Menopause project and the Heart Disease and Stroke Prevention Project
- The Retirement Research Foundation funds CLESE for the Depression in Ethnic Elderly: Education, Acceptance and Treatment project.
- In the coming year, we will research the reasons why some families choose to take older adults with memory problems for comprehensive assessments and why some do not in a new project funded by the Chicago Community Trust.

#### CLESE Member Agencies

Americans by Values Arab American Family Services Asi, Inc.  
 Asian Human Services Assyrian National Council of Illinois  
 Assyrian Universal Alliance Foundation Berwyn-Cicero Council on Aging Bosnian-Herzegovinian  
 American Community Center  
 Cambodian Association of IL Casa Central Center for Seniors Chinese American Service  
 League Chinese Consolidated Benevolent Assoc Chinese Mutual Aid Association  
 Council for Jewish Elderly  
 Easter Seals Edgewater Community Council El Valor Ethiopian Community  
 Association of Chicago European American Association  
 Ezra Multi-Service Center Forever Young Adult Day Care  
 Haitian American Community Association Hamdard Center  
 Hanul Family Alliance HIAS Chicago Heartland Health Outreach  
 Hellenic Foundation Indo American Center Interfaith Refugee & Immigration Ministries  
 Japanese American Service Committee Korean American Community Services Lao-  
 American Organization of Elgin  
 Lao American Community Services Little Brothers-Friends of the Elderly Metropolitan Asian Family  
 Services Midwest Asian American Center Muslim Women's Resource Center Polish  
 American Association Romanian American Community Center SANAD South-East Asia Center Urhai  
 Community Service Center Vietnamese Association of Illinois Villa Guadalupe White  
 Crane Wellness Center World Relief Chicago  
 World Relief DuPage/Aurora Xilin Association  
 Lucy Le-Kissane John Psiharis Yman Vien

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